



# Safety Bulletin

Safety Bulletin # 15-19

## ATTENTION Beat the Heat this Summer

- Monitor and enforce hydration standards.
- Encourage frequent drinking.
- Monitor and enforce eating of meals.
- Ensure all meals are eaten during the meal break.
- Execute random spot checks by senior NCOs and Squad Leaders.
- Update WBGT status hourly.
- Battle buddies should be aware of each other's eating, drinking and frequency of urination. Encourage Soldiers to eat all their meals.
- Observe Soldiers drinking required amounts not to exceed 1 1/2 quarts per hour or 12 quarts per day.
- Ensure that Soldiers have adequate time to eat and drink at their meals.
- Table salt may be added to food when Heat Category is high.
- Salt tablets are not recommended.
- Move fruits from meals to between meal snacks, if possible.
- Provide salty snacks, if possible.
- Ensure Soldiers are well hydrated before starting training.
- Ask about urine; urine is clear if well hydrated.
- Adhere to rest cycle in high heat categories. Rest in shade.
- Plan placement of leaders to observe and react to heat injuries in dispersed training.
- Do random spot checks of possible heat illness by NCOs.
- Urine must be clear. If yellow, hydration is not adequate.
- Un-blouse pants from boots.
- Keep clothing loose at the neck, wrists, and lower legs.
- Stay away from performance enhancing supplements



**LETS PLAN AHEAD AND MAKE  
THIS A FUN FILLED SAFE SUMMER FOR ALL**  
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